



Cymdeithas Adeiladu  
**Principality**  
Building Society



**CARDIFF HALF**  
HANNER MARATHON CAERDYDD

**DYDD SUL 6 HYDREF**  
**SUNDAY 6 OCTOBER**

 **Principality Building Society**  
**CARDIFF HALF**  
HANNER MARATHON CAERDYDD



**CANLLAW DIWRNOD Y RAS**  
**RACE DAY GUIDE**  
**2024**





Cymdeithas Adeiladu  
**Principality**  
Building Society



**CARDIFF HALF**  
HANNER MARATHON CAERDYDD

# Getting you from A to your *PRB*

Hit your savings goals  
with Principality  
Building Society



2G 2205

201656

[principality.co.uk](http://principality.co.uk)

Proud sponsor of the Principality Cardiff Half Marathon

Principality Building Society is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority, reference number 155998. Principality Building Society, Principality House, The Friary, Cardiff, CF10 3FA.

# CONTENTS

# CYNNWYS

## WELCOME / 4-7

### RACE WEEKEND

Before The Race / 8-12

Start Map / 13

During The Race / 14-15

Course Map / 16-17

After The Race / 19-20

Venue Map / 21

### WHAT'S GOING ON

Elite Race / 23

Event Village / 28-29

Principality Rainbow Roundabout / 31

Cardiff Half Junior / 32-33

Race Day Tips / 34

Team Challenge / 35

### MAKING A DIFFERENCE

Extra Milers / 36-37

R4W Way / 38-39

Sustainability / 40-41

Race Day Initiatives / 42

100 Club / 43

### VISITOR TIPS

SuperHalves / 44

Things to do in Cardiff / 45

## CROESO / 4-7

### GWYBODAETH AM BENWYTHNOS Y RAS

Cyn y Ras / 8-12

Map Cychwyn / 13

Yn ystod y Ras / 14-15

Map O'r Llwybr / 16-17

Ar ôl y Ras / 19-20

Map Lleoliad / 21

### BETH SY'N DIGWYDD

Ras Elit / 23

Pentref y Digwyddiad / 28-29

Cylchfan Enfys Principality / 31

Hanner Caerdydd Iau / 32-33

Cynghorion Diwrnod y Ras / 34

Heriau Tîm / 35

### GWNEUD GWAHANIAETH

Gwirfoddoli / 36-37

Ffordd R4W / 38-39

Cynaliadwyedd / 40-41

Mentrau ar Ddiwrnod y Ras / 42

Clwb 100 / 43

### AWGRYMIADAU I YMWELWYR

SuperHalves / 44

Pethau i'w gwneud yng Nghaerdydd / 45

CEO/Prif Weithredwr: Matt Newman

Operations & Volunteers/Gweithrediadau a Gwirfoddolwyr: Steve Brace, Rachel Madge, Alex Donald, Chris Jaynes, Rhiannon Marsh, Tor Hands, Kelsey Duffill, Bethan King, Gareth Ludkin

Marketing, Communications & Commercial/Marchnata, Cyfryngau a Masnachol: Deborah Powell, Lee Treadwell, Stuart Fagg, Annabelle Mason, Vici Williams, Hattie Jardine, Anna Verdon

Event Support, Finance & IT/Gwasanaeth Cwsmeriaid, Cyllid a TG: Maria Waldron, Gavin Howe, Laura Peeroo, Colin Slater, Lindsey Screen, Orlagh Cottier

About/Amdanom: Run 4 Wales (R4W) is a not-for-profit social enterprise and charitable trust set-up to promote, manage and deliver major sporting events. Mae Run 4 Wales (R4W) yn fenter gymdeithasol nid-er-elw ac ymddiriedolaeth elusennol a sefydlwyd i hyrwyddo, rheoli a chyflenni digwyddiadau chwaraeon ar raddfa fawr.



# CROESO!

## THE 21ST EDITION OF THE PRINCIPALITY BUILDING SOCIETY CARDIFF HALF MARATHON

## 21AIN HANNER MARATHON CAERDYDD CYMDEITHAS ADEILADU PRINCIPALITY



### Our biggest ever Principality Building Society Cardiff Half Marathon.

This year marks the 21st edition of the Principality Cardiff Half Marathon and is set to be our biggest yet.

We're thrilled to have the Principality Building Society back as headline sponsor for the second year, and we've been working together to ensure the event will be even better than before.

Sharing our values around community, charity and diversity, we're both committed to helping people reach their goals – whether that's putting miles or savings in the bank, and we want to ensure we're inclusive to all.

That's why this year's event is focusing on celebrating being a race for everyone (more on this on page 6). With a record number of entrants made up of those in Wales, the UK, Europe and even further afield, it's certainly proving to be a race for all around the world and will be one to remember.

Of course, none of this would be possible without all the brilliant people working hard behind the scenes. I'd like to extend a huge thank you to our fantastic sponsors, stakeholders, charities and incredible army of 'Extra Milers' volunteers – we're indebted to you all.

My final thank you is to you, and all those running on Sunday 6 October, whether it's your first time or 21st time – we wouldn't still be putting on this event, if it wasn't for all of you taking part.

We wish you the best of luck for the race and your final week of training and can't wait to cheer you on around the course and over the finish line.

**STEVE BRACE** Race Director

### Hanner Marathon Caerdydd mwyaf eto Cymdeithas Adeiladu Principality.

Eleni yw 21ain Hanner Marathon Caerdydd y Principality ac mae'n argoeli mai hwn fydd y mwyaf eto.

Rydym yn falch iawn bod Cymdeithas Adeiladu Principality yn dychwelyd fel y prif noddwr am yr ail flwyddyn, ac rydym wedi bod yn cydweithio i sicrhau y bydd y digwyddiad yn well nac erioed.

Gan rannu ein gwerthoedd ynghylch cymuned, elusen ac amrywiaeth, gyda'n gilydd rydym wedi ymrwymo i helpu pobl i gyrraedd eu nodau – boed hynny'n rhoi milltiroedd neu gynilion yn y banc, ac rydym am sicrhau ein bod yn gynhwysol i bawb.

Dyna pam fod y digwyddiad eleni yn canolbwyntio ar ddathlu bod yn ras i bawb (mwy am hyn ar dudalen 6). Gyda'r nifer uchaf erioed o ymgeiswyr o Gymru, y DU, Ewrop ac ymhellach hyd yn oed, mae'n sicr yn profi i fod yn ras i bawb o gwmpas y byd ac yn un i'w chofio.

Wrth gwrs, ni fyddai unrhyw ran o hyn yn bosibl heb yr holl bobl wych sy'n gweithio'n galed yn y cefndir. Hoffwn ddiolch yn fawr iawn i'n noddwyr, rhanddeiliaid, elusennau gwych a'r fyddin anhygoel o wirfoddolwyr 'Y Ffilltir Ychwanegol' – mae ein dyled yn fawr i chi.

Yn olaf, hoffwn ddiolch i chi, a phawb sy'n rhedeg ddydd Sul 6 Hydref, os hon yw eich ras gyntaf neu eich 21ain ras – ni allem barhau i gynnal y digwyddiad hwn oni bai eich bod chi i gyd yn cymryd rhan.

Rydym yn dymuno pob lwc i chi ar gyfer y ras ac ar gyfer eich wythnos olaf o hyfforddiant ac ni allwn aros i'ch cefnogi o amgylch y cwrs a thros y llinell derfyn.

**STEVE BRACE** Cyfarwyddwr y Ras

# Croeso

## Diolch!

We owe a huge thank you to everyone who helps make the Principality Building Society Cardiff Half Marathon possible, as well as our volunteers, runners and spectators for their continued support.

Mae ein dyled yn fawr i bawb sy'n helpu i wneud Hanner Marthon Caerdydd Cymdeithas Adeiladu Principality yn bosibl, yn ogystal â'n gwirfoddolwyr, ein rhedwyr a'n gwylwyr am eu cefnogaeth barhaus.



### Our thanks go to/Diolch I'r canlynol:

**Title Partner / Partner Teitl:** Principality Building Society

**Official Partners / Partneriaid Swyddogol:** Associated British Ports (ABP), Brecon Carreg, Cardiff University, HIGH5

**Lead Charity / Partner Elusen:** NSPCC

**Event Associates / Cymdeithion Digwyddiadau:** Cardiff Audi

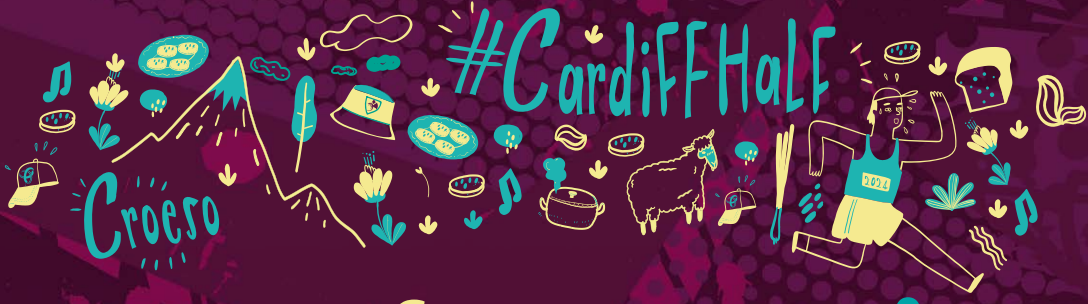
**Associate Charities / Elusennau Cysylltiol:** Alzheimer's Society, Mind, Cancer Research Wales

**Strategic Partners / Partneriaid Strategol:** S4C, Cardiff Council, Vale of Glamorgan Council, Welsh Athletics, UK Government's Shared Prosperity Fund

**Charities Partners / Partneriaid Elusennau:** British Heart Foundation, Ty Hafan, Hope House

**Event Supporters / Cefnogwyr y Digwyddiad:** Coopah, Lucozade, Capital South Wales, Rubicon, Monnow Marquees, MCL Logistics, Menter Caerdydd





# A race for everyone

# Ras i bawb

This year's Principality Building Society Cardiff Half Marathon is taking strides to ensure it represents the Wales of today – by encouraging people of all ages, running abilities and backgrounds to get involved.

While thousands get behind the Cardiff Half each year, we want to shine a spotlight on what makes the Welsh capital one of the most welcoming places in the UK – the diversity of its people.

That's why this year's race theme is 'A Race For Everyone' – something we hope you'll be able to see throughout all aspects of the event, and commemorate with your finishers t-shirt.

We've been working to ensure our 21st edition of the event is our most inclusive yet – engaging with people from a diverse range of demographics – across different ages, genders, religious beliefs, ethnicities, sexualities and disabilities – to get involved as runners, volunteers and spectators, ensuring there is something for everyone on the day.

Mae Hanner Marathon Caerdydd Cymdeithas Principality eleni yn cymryd camau i sicrhau ei fod yn cynrychioli Cymru heddiw – drwy annog pobl o bob oed, gallu rhedeg a chefniroedd i gymryd rhan.

Er bod miloedd yn cymryd rhan yn Hanner Marathon Caerdydd bob blwyddyn, rydym eisiau pwysleisio'r hyn sy'n gwneud i brifddinas Cymru fod yn un o'r lleoedd mwyaf croesawgar yn y DU – amrywiaeth ei phobl.

Dyna pam mai thema'r ras eleni yw 'Ras i Bawb' – rhywbeth rydym yn gobeithio ei weld ym mhob agwedd o'r digwyddiad, ac yn ei goffáu gyda'ch crys t gorffenwyr.

Rydym wedi bod yn gweithio i sicrhau mai ein 21ain ras yw'r fwyaf cynhwysol eto – yn ymgysylltu â phobl o ddemograffeg eang ei chwmpas – ar draws gwahanol oedrannau, rhywiâu, credoau crefyddol, ethnigrwydd, rhywioldebau ac anabledau – i gymryd rhan fel rhedwyr, gwirfoddolwyr a gwylwyr, a sicrhau bod rhywbeth i bawb ar y diwrnod.





We're thrilled to have Principality Building Society as our title sponsor for the second year running, supporting this amazing event and all its participants. Principality Building Society is committed to inspiring healthy habits in all aspects of life and motivating everyone to achieve their financial goals.

As you take on the challenge of the Principality Cardiff Half Marathon or cheer on a loved one, remember that setting goals is key – whether in your running or your finances. Just like getting over the finish line, setting financial targets and reaching them requires determination and consistency. Whether you're aiming for a personal best time or hitting your savings goal, remember that every step you take, every pound you save, is a step closer to achieving your goal.

Visit Principality Building Society in the Race Village to find out more.

Rydyn ni'n falch iawn o gael Cymdeithas Adeiladu Principality fel ein prif noddwr am yr ail flwyddyn yn olynol, yn cefnogi'r digwyddiad anhygoel hwn a phawb sy'n cymryd rhan ynddo. Mae Cymdeithas Adeiladu Principality wedi ymrwymo i ysbrydoli arferion iach ym mhob agwedd ar fywyd, a chymell pawb i gyflawni eu nodau ariannol.

Wrth i chi ymgymryd â her Hanner Marathon Caerdydd y Principality neu gefnogi rhywun sy'n annwyl i chi, cofiwch fod gosod nodau yn allweddol – boed hynny wrth redeg neu gyda'ch arian. Rhaid bod yn benderfynol ac yn gyson i groesi'r llinell derfyn, a dyna sydd ei angen wrth osod a chyflawni targedau ariannol hefyd. P'un a ydych chi'n anelu at guro eich amser gorau, neu gyrraedd eich nod cynilo, cofiwch fod pob cam rydych chi'n ei gymryd, a phob punt rydych chi'n ei chynilo, gam yn nes at gyflawni eich nod.

Ewch i weld Cymdeithas Adeiladu Principality ym Mhentref y Ras i gael rhagor o wybodaeth.

"We are thrilled to be partnering with the Cardiff Half Marathon because we believe in helping people achieve their hopes and aspirations. It is such a well-supported event that unites people from diverse backgrounds across Wales. It creates a carnival atmosphere around the city, with thousands of people running to raise funds to support charities and communities, which are the same values we have as a leading Welsh company. It will be a great occasion and we will be with the runners every step of the way of their journey."

**Julie-Ann Haines, Chief Executive Officer  
at Principality Building Society**

"Rydym ni'n falch ein bod ni'n gweithio mewn partneriaeth â Hanner Marathon Caerdydd oherwydd rydym ni'n credu mewn helpu pobl i wireddu eu breuddwydion a'u gobethion. Mae'r digwyddiad hwn yn cael cymaint o gefnogaeth, ac mae'n dod â phobl at ei gilydd o gefndiroedd amrywiol ar hyd a lled y wlad. Mae'r ras yn creu awyrgylch carnifal o amgylch y ddinas, ac mae miloedd o bobl yn rhedeg er mwyn codi arian i gefnogi elusennau a chymunedau. Dyma'r gwerthoedd sydd gennym ninnau hefyd, fel cwmni blaenllaw yng Nghymru. Bydd yn achlysur gwych a byddwn gyda'r rhedwyr bob cam o'u taith."

**Julie-Ann Haines, Prif Weithredwr, Cymdeithas Adeiladu Principality**

# BEFORE THE RACE GETTING HERE



Located in the south-east of Wales, Cardiff is a compact, friendly capital that is easy to access and easy to explore. It's a city of unique attractions, world-class sport stadiums, lively entertainment and a vast range of accommodation all within easy walking distance.



## Travel & Parking

Thousands of people will be aiming for the start line on Castle Street on the morning of the race, so we encourage allowing plenty of time to get there ahead of the 10:00am start – or better still, making a weekend of it and arriving the day before (or sooner!).

We encourage sustainable travel, such as public transport, lift sharing or arriving by bike if possible – and offer a pre-bookable park and walk facility at the **Cardiff City Football Stadium (CF11 8AZ)** and a free bike park in the event village.

Visit [www.cardiffhalfmarathon.co.uk/travel](http://www.cardiffhalfmarathon.co.uk/travel) for advice on arriving on foot, by bike, on the train, a bus, plane or for parking if you are travelling by car.

Running groups arriving in buses can also park for free at the stadium. This must be pre-booked online.

## Accommodation

If you're wondering where to stay in Cardiff then you might be spoilt for choice. Whether you're looking for hotels, hostels or self catering, there is plenty of choice for places to stay both in the city centre and in Cardiff Bay; from 5-star luxury to beds on a budget.

Visit [www.visitcardiff.com/stay](http://www.visitcardiff.com/stay) to see what's on offer.



## TOP TRAVEL TIPS

- **Leave your car at home!**  
Travel sustainably and consider car sharing or public transport via train or bus wherever possible.
- **Avoid driving into the city centre** to avoid congestion.
- **Travel by bike** for the perfect warm-up and use our bike park in the Event Village.
- **Consider travelling the day before** and allow plenty of time to arrive before the race start; late starters will not be permitted to take part.
- **Check out our road closure maps on our website** before you travel to find out which roads to avoid.
- **Pre-book a park and walk space at Cardiff City stadium** to guarantee yourself parking.

Visit [cardiffhalfmarathon.co.uk](http://cardiffhalfmarathon.co.uk) to sign up.





# CYN Y RAS

# SUT I GYRRAEDD YMA

Wedi'i lleoli yn ne-ddwyrain Cymru, mae Caerdydd yn brifddinas glos, gyfeillgar sy'n hawdd ei chyrraedd ac yn hawdd ei harchwilio. Mae hi'n ddinas llawn atyniadau unigryw, stadia chwaraeon o safon fyd-eang, adloniant bywiog ac amrywiaeth eang o lefydd i aros, a hyn i gyd o fewn pellter cerdded hawdd.



## Teithio a Pharcio

T Bydd miloedd o bobl yn anelu at y llinell gychwyn ar Heol y Castell ar fore'r ras, felly rydyn ni'n eich annog i ganiatáu digon o amser i gyrraedd yno cyn i'r ras ddechrau am 10:00am – neu'n well byth, gwneud penwythnos iawn ohoni a chyrraedd diwrnod ymlaen llaw (neu'n gynt!).

Rydyn ni'n annog teithio cynaliadwy, fel trafniadaeth gyhoeddus, rhannu ceir neu gyrraedd ar feic os oes modd – ac rydyn ni'n cynnig cyfleuster parcio a cherdded y gellir ei archebu ymlaen llaw yn **Stadiwm Pêl-droed Dinas Caerdydd (CF11 8AZ)**, a lle i gadw beiciau am ddim ym mhentref y digwyddiad.

Ewch i [www.cardiffhalfmarathon.co.uk/cy/teithio-a-pharcio](http://www.cardiffhalfmarathon.co.uk/cy/teithio-a-pharcio) i gael cyngor ynglŷn â chyrraedd ar droed, ar feic, ar drên, ar fws, mewn awyren, neu ar gyfer y llefydd parcio os ydych chi'n teithio mewn car.

Gall grwpiau rhedeg sy'n cyrraedd mewn bysbus parcio am ddim hefyd yn y stadiwm. Rhaid archebu ymlaen llaw ar-lein.

## Llety

Os ydych chi'n pendroni am le i aros yng Nghaerdydd, mae digon o ddewisiadau ar gael. P'un a ydych chi'n chwilio am westai, hosteli neu lety hunanarlwyo, mae digon o ddewis o lefydd i aros yng nghanol y ddinas ac ym Mae Caerdydd; o foethusrwydd 5 seren i lety ar gyllideb.

Ewch i [www.croesocaerdydd.com/aros](http://www.croesocaerdydd.com/aros) i weld beth sydd ar gael.



## GAIR O GYNGOR AM DEITHIO

- **Gadewch eich car gartref!**  
Teithiwch mewn ffordd gynaliadwy a meddylwch am rannu car neu ddefnyddio trafniadaeth gyhoeddus drwy fynd ar drên neu fws lle bo hynny'n bosib.
- **Mae'n syniad da peidio â gyrru i ganol y ddinas** er mwyn osgoi'r tagfeydd.
- **Cynheswch yn barod ar gyfer y ras drwy deithio ar feic a defnyddiwch ein parc beiciau yn heol gerddi'r orsedd.**
- **Meddylwch am deithio y diwrnod cynt a chaniatáu digon o amser i gyrraedd cyn i'r ras gychwyn; ni chaniateir i bobl sy'n hwyr gymryd rhan yn y ras.**
- **Gwnewch yn siŵr eich bod yn edrych ar y mapiau sydd ar ein gwefan cyn i chi deithio i weld pa ffyrdd sydd ar gau ac i'w hosgoi.**
- **Archebwch le parcio a cherdded ymlaen llaw yn stadiwm dinas caerdydd** er mwyn gwneud yn siŵr bod gennych chi le i barcio.

Ewch i [cardiffhalfmarathon.co.uk](http://cardiffhalfmarathon.co.uk) i gofrestru.



Registered with/Cofrestrwyd gyda'r



FUNDRAISING  
REGULATOR  
RHEGLIDDIWR CODI ARIAN

NSPCC 2024. Photographed at the Cardiff Half triathlon, Cardiff, Wales, 21st April 2024. The triathlete is wearing a green and yellow NSPCC tank top. Photographed by Geth Jones. The photo is part of a collection of photos for the Cardiff Half triathlon.

**Pob lwc**

**Good luck**

**Tîm NSPCC**

**Team NSPCC**

Diolch am wynebu'r her anhygoel hon ar ran NSPCC. Bydd eich cefnogaeth chi yn ein helpu i amddiffyn plant ac atal camdriniaeth.

Thank you for taking on this incredible challenge for the NSPCC. Your support will help us protect children and prevent abuse.

Dydy hi ddim yn rhy hwyr i chi gael lle ar ein tîm. Fe gewch chi gymeradwyaeth groch. Dillad i'w gwisgo â balchder. A'r holl gefnogaeth sydd ei hangen arnoch chi i godi arian yn hawdd.

It's not too late to join our team with your own place. We'll provide you with the loudest cheers. Kit you can wear with pride. And all the support you need to make fundraising a breeze.

Rhagor o wybodaeth:  
[nspcc.org.uk/CardiffHalf2024](https://nspcc.org.uk/CardiffHalf2024)

Find out more:  
[nspcc.org.uk/CardiffHalf2024](https://nspcc.org.uk/CardiffHalf2024)

**NSPCC**  
CYMRU | WALES

**MAE POB PLENTYNDOD WERTH BRWYDRO DROSTO  
EVERY CHILDHOOD IS WORTH FIGHTING FOR**

# BEFORE THE RACE THE START

## Running Number & Timing Chip

Your race pack contains a running number with an embedded timing chip. Pin the running number to the FRONT of your vest or t-shirt before the race to ensure your finish time is recorded.

The timing chip will enable us to provide you with a 'chip time' (beginning when your running number crosses the start line).

**YOU MUST FILL IN THE EMERGENCY DETAILS ON THE BACK OF YOUR NUMBER.**

The solid background colour of your race bib (either white, green, red, blue, purple or yellow) dictates your starting pen and race start time.

Do not swap your bib number with another runner – it contains your unique emergency contact and health details and will invalidate insurance or lead to serious consequences if you were involved in a medical incident on the day.

Systems are in place to monitor the swapping of race numbers and those found to be doing so will be banned from future events and reported to the governing body.

## Baggage

A baggage facility will be available before the race, open from 08:30am. It will be located on Museum Avenue near the Event Village in the Civic Centre. Runners can deposit one bag, which must display a baggage label (which is a tear-off strip on the bottom of your race number). No bag should be larger than a small backpack. Valuables are left at your own risk.

## Toilets

There will be several banks of toilets around the Civic Centre in the Event Village, on the way to the start and near the starting pens, as well as within the first mile of the race and at each water station.

# CYN Y RAS Y CYCHWYN

## Rhif Rhedwr a Sglodyn Amseru

Mae eich pecyn ras yn cynnwys rhif rhedeg gyda sglodyn amseru yn sownd ynddo. Sicrhewch fod eich rhif wedi'i osod AR FLAEN eich fest neu'ch crys-T cyn y ras i sicrhau bod eich amser gorffennol yn cael ei gofnodi.

Bydd y sglodyn amseru yn ein galluogi i roi 'amser sglodyn' i chi (gan ddechrau pan fydd eich rhif yn croesi'r llinell gychwyn).

**MAE'N RHAID I CHI LENWI'R ADRAN MANYLION MEWN ARGYFWNG AR GEFN EICH RHIF.**

Bydd y lliw solid sydd y tu ôl i'ch rhif bib (nail ai gwyn, gwyrdd, coch, glas, porffore neu felyn) yn cyfateb i liw eich corlan gychwyn a'ch amser cychwyn yn y ras.

Peidiwch â chyfenwied eich rhif bib gyda rhedwr arall – mae'n cynnwys eich manylion iechyd a'ch manylion cyswllt mewn argyfwng a bydd yn annillysu yswiriant neu'n arwain at ganlyniadau difrifol os byddwch chi'n rhan o ddigwyddiad meddygol ar y diwrnod.

Mae systemau ar waith i nitro cyfnewid rhifau a bydd y rheini sy'n cael eu dal yn gwneud hynny yn cael eu gwahardd rhag pob digwyddiad yn y dyfodol ac yn cael eu reportio i'r corff llywodraethu.

## Bagiau

Bydd lle i gadw bagiau ar gael cyn y ras, a bydd ar agor o 08:30am ymlaen. Fe'i lleolir ar Rodfa'r Amgueddfa ger Pentref y Digwyddiad yn y Ganolfan Ddinesig. Bydd pob rhedwr yn cael gadael un bag, a rhaid ichi roi eich label arno, sef stribyn y gellir ei dorri i ffwrdd oddi ar waelod eich rhif ras. Ni ddylai unrhyw fag fod yn fwy nag bag cefn bach. Chi sy'n atebol am unrhyw risg o adael eitemau gwerthfawr yn y man cadw.

## Toiletau

Bydd nifer o doiledau i'w cael o amgylch y Ganolfan Ddinesig ym Mhentref y Digwyddiad, ar y ffordd i'r llinell gychwyn ac wrth myl y corlannau, yn ogystal ag o fewn milltir gyntaf y ras ac ym mhob gorsaf ddŵr.



09:15



09:15



09:40

## PENS OPEN/CORLANNAU AGORED

### Race Times & Timing Pens

The Principality Building Society Cardiff Half Marathon will start on Castle Street from 10:00am on Sunday 6 October, with the elite wheelchair race beginning at 09:50am.

The race has a staggered start to ensure all runners cross the start line safely. The white, green and red start is at 10:00 (pens open at 09:15) and the blue, purple and yellow start is at 10:10 (pens open at 09:40).

The solid background colour of your race bib (either white, green, red, blue, purple or yellow) dictates your starting pen and race start time.

Please assemble at the back of your colour-coded pen, indicated via the coloured flags. You must assemble in the correct start pen for safety reasons and cannot move forwards a pen, only backwards.

The white pen is further sub-divided into elite and sub 1:30 areas on the morning of the race according to your race number and predicted time.

### Quiet Space

A neuroinclusive space for runners, supporters and their families. Will be available to use before, during and after the race.

**For safety reasons, runners must assemble in the correct colour start pen and cannot move forward a pen, only backwards.**

# 13.1 Miles

### Amseroedd y Rasys a Chorlannau Amseru

Bydd Hanner Marathon Caerdydd Cymdeithas Adeiladu Principality yn cychwyn ar Heol y Castell am 10:00am ddydd Sul 6 Hydref, gyda'r ras cadair olwyn elit yn cychwyn am 09:50am.

Bydd sawl amser cychwyn ar gyfer y ras i sicrhau bod pob rhedwr yn cychwyn y ras mor ddiogel â phosibl. Bydd y corlannau gwyn, gwyrdd a goch yn cychwyn am 10:00 (corlan yn agor am 09:15) a'r corlannau glas, porffor a melyn yn cychwyn am 10:10 (corlan yn agor am 09:40).

Bydd y lliw solid sydd y tu ôl i'ch rhif bib (nail ai gwyn, gwyrdd, coch, glas, porffore neu felyn) yn cyfateb i liw eich corlan gychwyn a'ch amser cychwyn yn y ras.

Dylech ymgynnull yng nghefn eich corlannau a fydd wedi'u codio â baneri lliw. Am resymau diogelwch, rhaid i chi ymgynnull yn y gorlan gychwyn cywir a ni chaniateir i chi symud ymlaen o gorlan, dim ond am yn ôl.

Bydd y gorlan wen yn cael ei his-rannu'n ardaloedd elit ac o dan 1:30 awr ar y bore yn unol â'ch rhif ras a'r amser rydych chi'n ei ddisgwyl.

### Man Tawel

Bydd man niwrogynhwysol ar gael i redwyr, i gefnogwyr ac i'w teuluoedd ei ddefnyddio cyn, yn ystod ac ar ôl y ras.

**Am resymau diogelwch, rhaid i redwyr ymgynnull yn y gorlan gychwyn â'r lliw cywir. Gall rhedwyr symud yn ôl i gorlan arall, ond nid ymlaen.**



Follow the coloured arrows to your correct starting pen colour.  
Dilynwch y saethau lliw i eich pen cychwyn cywir.



Spectator route  
Llywbr Mynediadi  
Wylwyr

Spectator zone  
Parth gwylwyr

Disabled viewing platform  
Man gwyltio i'r Anabl

Toilets / Toiletau



EVENT VILLAGE & BAGGAGE  
PENTREF Y DIGWYDDIAD & BAGIAU

SPECTATOR ROUTE BETWEEN  
START LINE AND EVENT VILLAGE  
LLWYBR GWYLWYR RHWNG MAN  
CYCHWYN A'R ARADAL GWYBODAETH

CARDIFF CASTLE  
CASTELL  
CAERDYDD

ELITE  
SUB 1.30

Spectator  
Zone / Parth Gwylwyr

Castle Street  
START / CYCHWYN

Spectator Zone / Parth Gwylwyr  
LEIN  
CYCHWYN

WHITE PEN  
PEN GWYN

# DURING THE RACE YN YSTOD Y RAS



## Cut Off Time & Road Re-Opening

The event carries a 4.5 hour cut off time, to ensure roads can safely re-open within a reasonable time frame to minimise impact on the city.

If runners fall behind the required pace to finish in this time a sweep vehicle will collect them. Those wishing to continue must do so on the pavement (as roads re-open) and do so at their own risk – no longer as a part of the event.

## Your Safety

If at any time during the race you feel unable to continue, please stop, rest and locate the nearest marshal.

Medical teams will be on hand around the course, as well as at the start and finish areas. There is an event medical centre located directly at the finish line if you require treatment and a walk-in medical facility in the event village.

Spectators looking for lost or injured participants should report to the event information tent in the event village on City Hall Lawns.

**It is your responsibility to advise us if you have any special medical conditions and to ensure the medical information on the back of your race number has been completed.**

In the unlikely event of a major incident, the Race Director and Emergency Services have the right to:

- Alter or shorten the route, but still provide the race if possible.
- Stop the race at any time if deemed necessary to protect your safety.



## Terfyn Amser ac Ailagor Ffyrdd

Mae gan y digwyddiad derfyn amser o 4.5 awr er mwyn sicrhau bod ffyrdd yn gallu ailagor yn ddiogel o fewn cyfnod rhesymol er mwyn lleihau'r effaith ar y ddinas.

Os bydd rhedwyr yn cael trafferth gorffen y ras o fewn yr amser penoddedig, bydd cerbyd swîp yn eu casglu. Rhaid i'r rheini sy'n dymuno parhau â'r ras wneud hynny ar y palmentydd (wrth i'r ffyrdd ailagor) a gwneud hynny ar eu menter eu hunain –nid fel rhan o'r digwyddiad.

## Eich Diogelwch

Os ydych yn teimlo nad ydych yn gallu mynd ymlaen ar unrhyw adeg yn ystod y ras, stopiwch, gorffwyswch ac ewch at y marsial agosaf.

Bydd timau meddygol wrth law o gwmpas y cwrs a hefyd yn y man cychwyn ac ar derfyn y ras. Os oes angen triniaeth arnoch, mae canolfan feddygol ar gael wrth y llinell derfyn yn ogystal â chyfleuster meddygol galw heibio wedi'i leoli ym mhentref y digwyddiadau.

Dylai gwylwyr sy'n chwilio am redwyr sydd ar goll neu wedi eu hanafu rhoi gwybod i ddesg gymorth y digwyddiad ym mhentref y digwyddiad ar Lawnt Neuadd y Ddinas.

**Eich cyrifoldeb chi yw rhoi gwybod i ni os oes gennych unrhyw gyflyrau meddygol arbennig ac i sicrhau eich bod wedi llenwi'r wybodaeth feddygol ar gefn eich rhif rhedwr.**

Os bydd unrhyw beth difrifol yn digwydd, mae gan Gyfarwyddwr y Ras a'r Gwasanaethau Brys yr hawl i:

- Newid neu fyrhau llwybr y ras, ond parhau i ddarparu ras os yw hynny'n bosibl.
- Stopio'r ras ar unrhyw adeg, os credir bod hynny'n angenrheidiol i warchod eich diogelwch.



Visit [cardiffhalfmarathon.co.uk/get-race-ready-fast/medical-nutrition](https://cardiffhalfmarathon.co.uk/get-race-ready-fast/medical-nutrition) to find out more. Ewch i [cardiffhalfmarathon.co.uk/cy/get-race-ready/cyngor-meddygol-a-diogelwch/](https://cardiffhalfmarathon.co.uk/cy/get-race-ready/cyngor-meddygol-a-diogelwch/) i gael gwybod mwy.

## Unwanted Clothes & Lost Property

If you lose something before or during the race, head to the event information tent in the Event Village where there will be a lost property point. Beyond race weekend, contact us via email at

[cardiffhalfmarathon@run4wales.org](mailto:cardiffhalfmarathon@run4wales.org)

Where possible, please avoid leaving clothes at the start. Any unwanted clothes left behind will be donated to Play it Again Sport.

[www.playitagainsport.wales](http://www.playitagainsport.wales)

## Pacers

Pacers will be running with sail flags that correspond with the following times: 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00, 3:30 and 4:00. Look out for them in your starting pen, they are a friendly bunch and there to enhance your experience and help you achieve your goal finish time!

## Photography & Video

Our Photography Partner, Marathon Photos will be bringing you live photos during the race! As soon as a photographer takes your photo, it will be live to view and purchase at [marathonphotos.live](http://marathonphotos.live)

## Spectators

There are a number of brilliant locations around the course to watch the race, but spectators should take care at all times, use the crossing points provided and take heed and advice of marshals. You'll find a dedicated spectator guide in your race pack that your loved ones can use for advice on the best places to cheer you on.

## Course Entertainment

There will be a number of bands, entertainers and cheer stations situated around the route to offer you musical encouragement.

**The Principality Rainbow Roundabout at Roath Park, brought to you by Principality Building Society and Pride Cymru will return for 2024.**

Please be mindful of the speed bumps in this part of the course.

## Drink & Energy Stations

Water (Brecon Carreg), energy gels (HIGH5) and energy drinks (Lucozade) will be available around the route. Station locations are indicated on the course map.

## Live Tracking

With our official live tracker app you can inspect the route pre-race, find out where to watch and track participants on race day with full Google Maps functionality. Find out more and download at [www.cardiffhalfmarathon.co.uk/live-tracking](http://www.cardiffhalfmarathon.co.uk/live-tracking)

## Dillad Diangen ac Eiddo Coll

Os byddwch yn colli rhywbeth cyn neu yn ystod y ras, bydd lle ar gyfer eiddo coll wrth y ddesg gymorth ym Mhentref y Digwyddiad. Ar ôl penwythnos y ras, cysylltwch â ni drwy anfon e-bost at

[cardiffhalfmarathon@run4wales.org](mailto:cardiffhalfmarathon@run4wales.org)

Pan fo'n bosibl, dylech osgoi gadael dillad wrth y man cychwyn. Bydd unrhyw ddillad diangen sy'n cael eu gadael ar ôl yn cael eu rhoi i Play It Again Sport.

[www.playitagainsport.wales](http://www.playitagainsport.wales)

## Camwyr Cyflymder

Bydd camwyr cyflymder yn rhedeg gyda baneri sy'n cyfateb i'r amseroedd canlynol: 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00, 3:30 a 4:00. Cadwch lygad amdany'n nhw yn eich corlan. Maen nhw'n griw cyfeillgar ac yno i wella'ch profiad ac i'ch helpu i gyrraedd eich targed!

## Lluniau a Fideos

Bydd ein ffotograffwyr, Marathon Photos, yn darparu lluniau byw i chi yn ystod y ras! Cyn gynted a bydd ffotograffydd yn tynnu eich llun, bydd modd i chi ei weld a'i brynu'n syth yn [marathonphotos.live](http://marathonphotos.live)

## Gwylwyr

Mae nifer o leoliadau gwych o amgylch y cwrs i wylio'r ras, ond dylai gwylwyr fod yn ofalus bob amser, defnyddio'r manau croesi a ddarperir a thalu sylw i gyngor y stiwardiaid. Fe welwch ganllaw arbennig i wylwyr yn eich pecyn ras y gall eich anwyliad ei ddefnyddio i gael cyngor am y lleoedd gorau i'ch cefnogi.

## Adloniant ar y Cwrs

Bydd nifer o fandiau, diddanwyr a manau annog o gwmpas y cwrs i gynnig anogaeth gerddorol.

**Bydd y Gylchfan Enfys ym Mharc y Rhath, a gyflwynir i chi gan Gymdeithas Adeiladu Principality a Pride Cymru yn dychwelyd ar gyfer 2024** - cofiwch fod twmpathau cyflymder ar y rhan hon o'r cwrs.

## Gorsafodd Diod ac Egni

Bydd dŵr (Brecon Carreg), jels egni (HIGH5) a diodydd egni (Lucozade) ar gael o amgylch y llwybr. Mae lleoliadau'r gorsafodd wedi'u nodi ar fap y cwrs.

## Tracio yn Fyw

Gyda'n ap traciwr byw swyddogol, gallwch astudio'r llwybr cyn y ras a thracio'r rhedwyr yn fyw ar ddiwrnod y ras gyda help Google Maps. Gallwch gael rhagor o wybodaeth a llwytho'r ap i lawr yn [www.cardiffhalfmarathon.co.uk/cy/ap-tracio-yn-fyw](http://www.cardiffhalfmarathon.co.uk/cy/ap-tracio-yn-fyw)

DURING THE RACE / YN YSTOD Y RAS

# ROUTE MAP MAP O'R LLWYBR





**HIGH 5**

FUEL THAT  
**HIGH 5**  
FEELING

[HIGHFIVE.CO.UK](http://HIGHFIVE.CO.UK)



# AFTER THE RACE AR ÔL Y RAS



## Finish Line & Commemorative Items

After finishing the race please continue moving through the finish line and post-finish area to collect your commemorative items (medal, water, finishers t-shirt and food/drink items) to avoid congestion.

Medical staff will be on hand for anyone who needs medical attention.

Finisher t-shirts available between XS and 3XL sizes will be given out to the ratio of sizes requested at point of entry, therefore we cannot guarantee that your requested size will be available if others who finish ahead of you change their mind on the day.

If you swapped your tee for a Climate Action Fund donation, you will not be able to change your mind on the day.

**We kindly ask all participants to collect the size they requested.**

## Meeting Points

A-Z meeting points will be positioned by the Crown Court on King Edward VII Avenue by the City Hall.

## Elite Race Presentation Ceremony

The prize ceremony will take place at 11:30am near the finish line. Prizes will be awarded to race winners. For details of prizes visit [cardiffhalfmarathon.co.uk](http://cardiffhalfmarathon.co.uk)

## Changing Facilities & Showers

Male and female changing areas will be on offer at the baggage tents. Shower facilities will be available at Sport Wales in Sophia Gardens for a £1 charity donation to the NSPCC, payable at reception.

## Y Llinell Derfyn ac Eitemau Cofio

Er mwyn osgoi tagfeydd, parhewch i symud drwy'r llinell derfyn ar ôl gorffen y ras i gasglu eich eitemau cofio (medal, dŵr, crys-T i orffenwyr a bwyd/diod).

Bydd staff meddygol wrth law ar gyfer unrhyw un sydd angen sylw meddygol.

Bydd crysau-T i orffenwyr, sydd ar gael mewn meintiau rhwng XS a 3XL, yn cael eu dosbarthu'n ôl y maint y gofynnir amdano wrth gofrestru, felly ni allwn warantu bydd y maint yr oeddech wedi gofyn amdano ar gael os bydd y rhai sy'n gorffen o'ch blaen yn newid eu meddwl ar y diwrnod.

Os gwnaethoch gyfnewid eich crys-T am rodd i Climate Action Fund, ni fyddwch yn gallu newid eich meddwl ar y diwrnod.

**Gofynnwn yn garedig i bawb sy'n cymryd rhan gasglu'r maint y gofynnwyd amdano.**

## Mannau Cyfarfod

Bydd manau cyfarfod A-Z yn cael eu gosod wrth ymyl Llys y Goron ar Rodfa'r Brenin Edward VII ger Neuadd y Ddinas.

## Seremoni Wobrwyo'r Ras Elit

Bydd seremoni wobrwyo yn cael ei chynnal am 11:30am ger y llinell derfyn. Bydd gwobrau'n cael eu dyfarnu i enillwyr y ras. I gael manylion am y gwobrau, ewch i [www.cardiffhalfmarathon.co.uk/cy](http://www.cardiffhalfmarathon.co.uk/cy)

## Cyfleusterau Newid a Chawodydd

Bydd manau newid i ddynion a menywod ar gael yn y peyll cadw bagiau. Bydd cyfleusterau cawod ar gael yn Chwaraeon Cymru yng Ngerddi Soffia am gyfraniad o £1 at elusen yr NSPCC— i'w dalu yn y dderbynfa.



## Physiotherapy

The Cardiff University Inspire Physiotherapy Programme will be providing physiotherapy services both before and after the race from the massage area in the event village.

The service is free for all participants and is the perfect place to massage any pre-race niggles or work away the aches and pains after the race.

## Lost Children

If you have lost a child or find a lost child on event day, please report it as soon as possible to the nearest event steward, security staff or police on site during the day. Alternatively, report to the event village at the back of City Hall Lawns where lost children will be looked after or reported.

## Event Village

Head to the Event Village after the race to soak up the atmosphere, enjoy some entertainment, get a free massage or grab some tasty street food. Keep an eye out for exciting Welsh language bands on the stage curated by Menter Caerdydd including; Languna Gym, Paralele, Ble?, Taran and Dadleoli among others.



It's located on City Hall Lawns. You'll find more information about what's happening on page 28.

## Ffisioterapi

Bydd Rhaglen Ffisioterapi Prifysgol Caerdydd yn darparu gwasanaethau ffisioterapi cyn ac ar ôl y ras o'r ardal tyllino yr ardal tyllino yn y pentref digwyddiadau.

Mae'r gwasanaeth am ddim i bawb sy'n cymryd rhan, ac mae'n lle perffaith i dylino unrhyw dyndra yn y cyhyrau cyn y ras neu i leddfu doluriau a phoenau ar ôl y ras.

## Plant ar goll

Os ydych wedi colli plentyn neu'n dod o hyd i blentyn sydd ar goll ar ddiwrnod y digwyddiad, rhowch wybod i'r stiward, i'r staff diogelwch neu i'r swyddog heddlu agosaf ar y safle cyn gynted â phosib. Neu, rhowch wybod i rywun wrth y ddesg gymorth pentref y digwyddiad yng nghefn Lawnt Neuadd y Ddinas, lle bydd pobl yn gofalu am blant sydd ar goll neu'n rhoi gwybod i rywun eu bod ar goll.

## Pentref y Digwyddiad

Ewch i Bentref y Digwyddiad ar ôl y ras i fwynhau'r awyrgylch, yr adloniant, i dylino'r corff am ddim neu i wleda ar fwyd stryd blasus. Cadwch lygad am fandiau Cymraeg cyffrous ar y llwyfan, wedi'u dewis gan Fenter Caerdydd, gan gynnwys Languna Gym, Paralele, Ble?, Taran a Dadleoli ac eraill.

Wedi'i leoli ar Lawnt Neuadd y Ddinas. Mae rhagor o wybodaeth am yr hyn sy'n digwydd ar dudalen 28.

# VENUE MAP | MAP LLEOLIAD

- Route | Llywbr
- Finishing Funnel  
Gorffen Hwyllo
- Spectator Zone  
Parth Gwylwyr
- WC Toilets | Toiledau
- Bike Park | Parc Beicio
- Underpass | Tanffordd
- Event Village  
Pentref y Digwyddiad
- Finish Line | Gorffen
- Medical | Meddygol
- Baggage & Changing Area  
Bagiau a newid
- No Public Access  
Dim Mynediad
- SuperMedal Collection/Stand  
Gesglir SuperMedal
- Spectator Routes  
(Two way access)  
Llywbr Mynediad i Wylwyr
- Disabled Viewing Platform  
Man gwyllo i'r Anabl
- Information Point  
Pwynt gwybodaeth
- Spectator Crossing  
Croesfan i'r Cyhoedd



WELCOME  
 CROESO  
 RACE WEEKEND  
 BENWYTHNOS Y RAS  
 WHAT'S GOING ON  
 BETH SY'N DIGWYDD  
 MAKING A DIFFERENCE  
 GWNEUD GWAHANIAETH  
 VISITOR TIPS  
 AWGRYMIADAU I YMWELWYR

Stay hydrated

Pop your bottles into a  
recycling bin

& give the Brecon Carreg  
Ploggers a cheer!



# ELITE RACE | ATHLETWYR ELÏT



## At the Front of the race... Ar flaen y ras...

The Principality Cardiff Half Marathon plays host to competitive elite races and holds a prestigious World Athletics Elite Race Label. The event also hosts the Welsh Half Marathon Championships annually.

The race has hosted many notable athletes in the past including 2008 World U20 10,000m Champion **Josphat Bett**, 2013 IAAF World Cross Country Champion **Japhet Korir** and 2014 Commonwealth Games Marathon Champion **Flomena Daniel**.

Course records sit with **Edith Chelimo** at 65:52 set in 2017 and **Leonard Langat** in 2019 with 59:30. The 2024 Elite field will feature athletes from Australia, Brazil, Ethiopia, Kenya, Malta, Norway, Poland, Spain and the USA.

The men's field is currently led by 2019 Istanbul Half Marathon Champion **Benard Ngeno** (59:07), **Cosmas Boi** (59:29) and 2023 Lille Half Marathon Champion Patrick Mosin (59:31).

2022 women's winner **Beatrice Cheserek** (66:48) will return, joined by **Yaregal Mekuriaw** (66:27) **Grace Nowumo** is an exciting debutant with a best 10,000m time of 29:47 and recorded a fourth place finish at the 2023 World Cross Country Championships in Bathurst.

Mae Hanner Marathon Caerdydd y Principality yn cynnwys rasy elït cystadleuol ac mae ganddo Label Ras Elït Athletau'r Byd. Mae'r digwyddiad hefyd yn cynnal Pencampwriaethau Hanner Marathon Cymru bob blwyddyn.

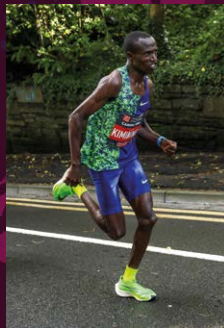
Mae'r ras wedi croesawu nifer o athletwyr arbennig yn y gorffennol gan gynnwys Pencampwr 10,000m dan 20 y Byd yn 2008 **Josphat Bett**, Pencampwr Traws gwlad y Byd yr IAAF yn 2013 **Japhet Korir** a Phencampwr Marathon Gemau'r Gymanwlad yn 2014 **Flomena Daniel**.

Mae record y cwrs yn cael ei ddal gan **Edith Chelimo** sef 65:52 a osodwyd yn 2017 a **Leonard Langat** yn 2019 sef 59:30.

Bydd dosbarth Elït 2024 yn cynnwys athletwyr o Awstralia, Brasil, Ethiopia, Kenya, Malta, Norway, Gwlad Pwyl, Sbaen ac UDA.

Ar hyn o bryd mae dosbarth y dynion yn cael ei arwain gan Bencampwr Hanner Marathon Istanbul yn 2019 **Benard Ngeno** (59:07), **Cosmas Boi** (59:29) a Phencampwr Hanner Marathon Lille yn 2023 Patrick Mosin (59:31).

Bydd enillydd ras y menywod yn 2022 **Beatrice Cheserek** (66:48) yn dychwelyd, ynghyd ag **Yaregal Mekuriaw** (66:27). Bydd **Grace Nowumo** yn rhedeg y ras am y tro cyntaf ac mae wedi creu cynnwrf gydag amser gorau am 10,000m o 29:47 ac roedd hi'n bedwerydd ym Mhencampwriaethau Traws Gwlad y Byd 2023 yn Bathurst.



WELCOME  
CROESO

RACE WEEKEND  
BENWYTHNOS Y RAS

WHAT'S GOING ON  
BETH SY'N DIGWYDD

MAKING A DIFFERENCE  
GWNEUD GWAHANIAETH

VISITOR TIPS  
AWGWRMIADAU I YMWELWYR

# KEEPING BRITAIN TRADING

**ABP's 21 ports are at the heart  
of the UK's green recovery:**

**Connecting** to global markets

**Building** sustainable  
supply chains

**Partnering** in the growth  
of renewables

**Handling** £150 billion of  
UK trade annually

**Generating** £7.5 billion for  
the UK economy

**Supporting** 119,000 jobs



ASSOCIATED BRITISH PORTS

[www.abports.co.uk](http://www.abports.co.uk)



Darganfyddwch y brandiau gorau ac offer diweddaraf i gynorthwyo'ch hyfforddiant a'ch adferiad sy'n addas ar gyfer rhedwr o bob gallu.

Discover the best brands, latest equipment and tools to aid your training and recovery suitable for every kind of runner.

[www.run4wales.org/training/shop/](http://www.run4wales.org/training/shop/)



Award winning marquees for all occasions



Monnow Marquees...  
Bringing the outside in



Monnow Marquees...  
Bringing the outside in



Monnow Marquees...  
Bringing the outside in

info@monnowmarquees.co.uk  
Tel: 01600 775577



## Race on your feet, cruise in the drivers seat.

Proud supporters of the Principality Cardiff Half Marathon

View our range at [www.monmotors.com](http://www.monmotors.com)



mon motors |  + **V O L V O**



CARDIFF  
UNIVERSITY

PRIFYSGOL  
CAERDYDD

CARDIFF  
UNIVERSITY  
PRIFYSGOL  
CAERDYDD

Dwi'n cefnogi ymchwil  
i'n ymportio rwydwaith

# Byddwn ni'n gefn i chi

Yn falch o fod yn bartner ymchwil gyda Run 4 Wales

---

# We've got your back

Official research partner of Run 4 Wales

# Out of breath. Full of pride.

## Go team Alzheimer's Society!

Thank you to all of our amazing runners taking part in the **Cardiff Half Marathon**.

Every step you take is one closer to leading dementia research breakthroughs.

Join Alzheimer's Society at the start line of your next race and together, we can stop dementia devastating lives.

Search '**Alzheimer's Society Running**' to choose your challenge.



**Alzheimer's  
Society  
Cymru**

[alzheimers.org.uk/running](http://alzheimers.org.uk/running)



Ni yw'r elusen ymchwil cancer  
Gymreig.

We are the Welsh cancer  
research charity.



 **ymchwil cancer  
cymru**  
cancer research  
wales

Rhif Elusen Gofrestrdedig: 1167290 Charity Registration Number: 1167290



WELCOME  
CROESO

RACE WEEKEND  
BENWYTHNOS Y RAS

WHAT'S GOING ON  
BETH SY'N DIGWYDD

MAKING A DIFFERENCE  
GWNEUD GWAHANIAETH

VISITOR TIPS  
AWGRYMIADAU I YMWELWYR

# EVENT VILLAGE PENTREF Y DIGWYDDIAD

SATURDAY/DYDD SADWRN 11:00–14:00  
SUNDAY/ DYDD SUL 08:00–14:00



Make the most of your race weekend and spend some time with us in our Event Village. Bigger and better than ever before, we've got loads for you to get involved with!

## Event Information

Come and meet our fabulous event support team who will be happy to help with any queries you may have – or hear more about how your race went!

## Food & Drink

Satisfy that post-race appetite with some tasty street food or a drink at the bar!

## Stage

Check out our stage for live music, competitions, entertainers and more.

## Principality Building Society

Visit title sponsor Principality for a whole host of exciting activities. Whether you're a runner or supporter, we're making the Event Village feel like home.

Gwnewch y mwyaf o'ch penwythnos yn y ras a threulio amser gyda ni ym Mhentref y Digwyddiad. Bydd y digwyddiad eleni yn fwy ac yn well nag erioed, gyda llond gwlad o bethau ar eich cyfer!

## Gwybodaeth am y Digwyddiad

Dewch i gwrdd â'n tîm cefnogi gwydch, a fydd yn fwy na pharod i helpu gydag unrhyw ymholiadau sydd gennych chi – neu i wrando ar eich straeon!

## Bwyd a Diod

Beth am fodloni'r awydd am luniaeth ar ôl y ras gyda bwyd stryd blasus neu ddiodyd yn y bar!

## Llwyfan

Dewch draw i lwyfan ar gyfer cerddoriaeth fyw, cystadlaethau, diddanwyr a mwy.

## Cymdeithas Adeiladu'r Principality

Trowch at y prif noddwr, Principality, ar gyfer llu o weithgareddau cyffrous. P'un ai a ydych chi'n rhedwr neu'n gefnogwr, rydym ni'n gwneud i Bentref y Digwyddiad deimlo fel cartref.

## Photo Wall

The proof is in the post-race photo! Come to the photo wall where you can programme in your finishing time and pose for a post-race pic.

## Activities & Entertainment

Expect an exciting atmosphere with a whole host of things to do and stalls to visit. Come on down to soak up the atmosphere or enjoy some of our street entertainment and sports activities before and after the race.

Keep an eye out for exciting Welsh language bands on the stage curated by Menter Caerdydd including; Languna Gym, Paralele, Ble?, Taran and Dadleoli among others.

## Charities

Over 25 charities will be with us on the day, doing everything from family sports games and photobooth opportunities to glitter face painting!

## Official Merchandise

Celebrate your achievement in style with our official range of Principality Cardiff Half Marathon merchandise.

Come early as stock is limited and extremely popular! To guarantee your merchandise, head over to [www.run4wales.shop](http://www.run4wales.shop) and get yours now!

## Stalls

Find an exciting range of brands to enhance your race experience, take you further and help you make the most of race weekend.

## Massage

We know that 13.1 miles is a long way! Nothing can beat that post-race massage to help ease the aches and pains after expending all that energy.

Cardiff University will be providing FREE massage to help kickstart your recovery.

## SuperHalfs

For those runners on their SuperHalfs journey, the team will be on hand to answer questions, provide merchandise and stamps for your SuperPassport.

## Quiet Space

A neuroinclusive space for runners, supporters and their families which will be available to use before, during and after the race.

## Wal Luniau

Wrth gwrs rhaid cael llun! Dewch draw i'r wal luniau lle gallwch gofnodi eich amser gorffen a chael tynnu eich llun ar ôl y ras.

## Gweithgareddau ac Adloniant

Gallwch ddisgwyl awyrgylch cyffrous gyda lluo o bethau i'w gwneud a stondinau i ymweld â nhw. Dewch draw i fwynhau'r awyrgylch neu fwynhau rhywfaint o'n hadloniant a'n gweithgareddau chwaraeon cyn ac ar ôl y ras.

Cadwch lygad am fandiau Cymraeg cyffrous ar y llwyfan, wedi'u dewis gan Fenter Caerdydd, gan gynnwys Languna Gym, Paralele, Ble?, Taran a Dadleoli ac eraill.

## Elusennau

Bydd dros 25 o elusennau gyda ni ar y diwrnod, yn gwneud pob math o bethau - o gemau chwaraeon i'r teulu cyfan a bwth lluniau i beintio gliter ar wyneb!au!

## Nwyddau Swyddogol

Dathlwch eich camp anhygoel mewn steil gyda'n hamrywiaeth swyddogol o nwyddau Hanner Marathon Caerdydd Principality.

Mae'r stoc yn brin ac yn boblogaidd iawn, felly y cyntaf i'r felin! Ewch i [www.run4wales.shop](http://www.run4wales.shop) i sicrhau eich nwyddau chi nawr!

## Stondinau

Dewch o hyd i amrywiaeth cyffrous o frandiau i wella eich profiad o'r ras, mynd â chi ymhellach a'ch helpu i wneud y mwyaf o'ch penwythnos.

## Tylino

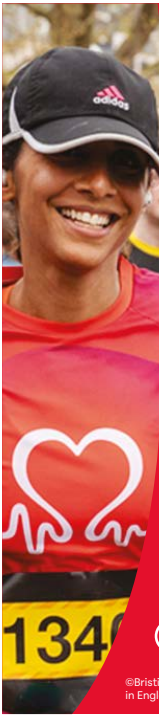
Fe wyddom fod 13.1 milltir yn bellter hir! Pa ffordd well o leddfu eich dolur a'ch poen ar ôl gorffen y ras na thrwy dylino'r cyhyrau? Bydd Prifysgol Caerdydd yn darparu tylino AM DDIM i'ch helpu chi ymlacio ar ôl y ras.


## SuperHalfs

I'r rhedwyr hynny sydd ar eu siwrnai SuperHalfs, bydd y tîm wrth law i ateb cwestiynau, darparu nwyddau a stampiau ar gyfer eich SuperPassport.

## Man Tawel

Bydd man niwrogynhwysol ar gael i redwyr, i gefnogwyr ac i'w teuluoedd ei ddefnyddio cyn, yn ystod ac ar ôl y ras.




 **British Heart Foundation**

## Thank you Team BHF!

From raising awareness to raising funds, your help takes us one step closer to a world free from the fear of heart and circulatory diseases.

[bhf.org.uk/cardiffhalf](https://bhf.org.uk/cardiffhalf)

 Registered with FUNDRAISING REGULATOR

©British Heart Foundation 2024, a registered charity in England and Wales (225971) and Scotland (SC039426).



## Good luck to everyone running for Principality's supported charities for 2024

**Tŷ Hafan** 

CHILDREN'S HOSPICE  
HOSBIS I BLANT

**hope house tŷ gobaith**  
children's hospices

### Cardiff Half Marathon 6 October 2024



## Good luck #TeamMind!

It's not too late to join the team!  
Visit [mind.org.uk/cardiffhalfmarathon](https://mind.org.uk/cardiffhalfmarathon)



Thank you to everyone who has joined #TeamMind and is fundraising for mental health. You're amazing.

**Best of luck for race day!**

 Registered with FUNDRAISING REGULATOR

**We're Mind. We're here to fight for mental health.**

Registered charity in England (no. 218830) and a registered company (no. 426348) in England and Wales.

# Principality Rainbow Roundabout Cylchfan Enfys Principality



The Principality Rainbow Roundabout is back for 2024, supporting this year's Race for Everyone, bringing its vibrant party atmosphere to runners, spectators and volunteers.

Powered by Principality Building Society, who are also the headline sponsor of Pride Cymru, the roundabout by Roath Park and the Lake Spice restaurant is passed twice by runners between miles 10 and 12.

The colourful course addition proved popular with participants in last year's race, with many saying it provided them with a welcome boost in the final stretch of the course.

Pride Cymru, which is celebrating its 25th anniversary this year, will be hosting a full line-up of performances, keeping spirits lifted and everyone entertained throughout the day.

Mae Cylchfan Enfys Principality yn dychwelyd ar gyfer 2024, i gefnogi'r Ras i Bawb eleni, gan gyfrannu ei awyrgylch parti bywiog i'r rhedwyr, gwylwyr a'r gwirfoddolwyr.

Wedi'i bweru gan Gymdeithas Adeiladu Principality, sef prif noddwr Pride Cymru hefyd, mae'r rhedwyr yn pasio'r gylchfan ger Parc y Rhath a bwyty Lake Spice dwywaith rhwng milltiroedd 10 a 12.

Roedd yr ychwanegiad lliwgar hwn i'r ras y llynedd yn boblogaidd gyda'r cyfranogwyr, gyda llawer yn dweud ei fod wedi darparu hwb croesawgar iddynt yn rhan olaf y cwrs.

Bydd Pride Cymru, sy'n datlu ei ben-blwydd yn 25 oed eleni, yn cynnal llu o berfformiadau, yn diddanu'r gynulleidfa ac yn cadw pawb i fynd drwy gydol y dydd.





Cymdeithas Adeiladu  
**Principality**  
Building Society



**CARDIFF HALF  
— JUNIOR —**  
HANNER MARATHON CAERDYDD

**R4W**  
NEXT GEN

**SATURDAY 5 OCTOBER  
DYDD SADWRN  
5 HYDREF**

**Cardiff City Hall, Neuadd  
y Ddinas Caerdydd  
11:00 – 14:00**



Kick start your race weekend with the whole family at Cardiff Half Junior, guaranteed to be a thrilling start to the Principality Cardiff Half Marathon.

It's all part of R4W Next Gen; a re-imagined series of family events that aim to inspire a future generation of healthy, active adults.

There's something for every age and ability included a no-pressure, family-focused **Fun Run**, a **Toddler Dash** for those taking their first steps into physical activity and a **Future Challengers** race for talented young athletes and junior club runners looking for an accessible and competitive race.

Pre-registration for this popular event is essential, so visit our website to find out more or book your space.

Dechreuwch benwythnos y ras gyda'r teulu cyfan yn Hanner Caerdydd Iau, a fydd yn siŵr o fod yn ddechrau cyffrous i benwythnos Hanner Marathon Caerdydd Principality.

Mae'r cyfan yn rhan o R4W Next Gen; cyfres o ddigwyddiadau teulu wedi'i hail-alunio i geisio ysbrydoli cenhedlaeth y dyfodol i fod yn actif ac yn iach.

Mae rhywbeth at ddant pawb, gan gynnwys **Ras Hwyl** i'r teulu, **Ras Plant Bach** i'r rheini sy'n cymryd eu camau cyntaf a ras **Herwyr y Dyfodol** i athletwyr ifanc talentog sy'n chwilio am ras hygyrch a chystadleuol.

Mae'n hanfodol eich bod yn cofrestru ymlaen llaw ar gyfer y digwyddiad poblogaidd hwn, felly ewch i'n gwefan i gael rhagor o wybodaeth neu i archebu eich lle.

## SO, WHAT'S HAPPENING

Whether you're running for times, to fundraise or to simply have fun, there's something for everyone!

### Toddler Dash

**Time:** 10:30am

**What's Involved:** A fun 50m dash aimed at children aged three and under.

**What's Included:** An adorable mini CHM Junior race number to wear on the day and commemorative finisher's sticker.

**Price:** A £2 donation to charity partner NSPCC.

### Future Challengers

**Time:** 11:00am (Boys) 11:15am (Girls)

**What's Involved:** A race for club athletes and competitive runners aged between 8-17 years looking to race.

**What's Included:** Chip timing, medal and finisher's t-shirt.

**Price:** £10

### Fun Run

**Time:** 11:45am

**What's Involved:** A fun 2.4K race for all the family, with no pressure on setting fast times or running all the way around. Accompanying adults welcome! (and required to run with all children under 8).

**What's Included:** Chip timing, medal and finisher's t-shirt. Please note that finisher's t-shirts are only available for children.

**Accompanying Adults:** Those who do not wish to receive a finisher's medal or official finish time may purchase a cheaper 'accompanying adult' entry for just £3.

**Price:** £10

### NSPCC Story Time

**Time:** 11:25am

**Where:** The NSPCC Event Village Stand

**What's involved:** The NSPCC team will be hosting a reading from their new Pantosaurus book, in a fun and interactive show.

## FELLY, BETH SY'N DIGWYDD?

P'un ai a ydych chi'n rhedeg i gael amser personol gorau, i godi arian neu i gael hwyl, mae rhywbeth i bawb!

### Ras Plant Bach

**Amser:** 10:30yb

**Sut beth yw'r ras:** Ras 50m hwyliog wedi'i hanelu at blant tair oed ac iau.

**Beth sydd wedi'i gynnwys:** Rhif ras Hanner Caerdydd lau i'w wisgo ar y diwrnod a sticer i gofio am y ras.

**Pris:** Rhodd o £2 i NSPCC, ein partner elusenol.

### Herwyr y Dyfodol

**Amser:** 11:00yb (Bechgyn) 11:15yb (Merched)

**Sut beth yw'r ras:** Ras i athletwyr clybiau a rhedwyr cystadleuol rhwng 8-17 oed sy'n awyddus i rasio.

**Beth sydd wedi'i gynnwys:** Sglodyn amseru electronig, medal a chrys-t i gofio am y ras.

**Pris:** £10

### Ras Hwyl

**Amser:** 11:45yb

**Sut beth yw'r ras:** Ras 2.4K hwyliog i'r teulu i gyd, heb unrhyw bwysau i sicrhau amseroedd cyflym na rhedeg yr holl ffordd o gwmpas. Mae croeso i oedolion ddod gyda'r plant! (rhaid cael oedolyn gydag unrhyw un o dan 8 oed).

**Sut beth yw'r ras:** Sglodyn amseru electronig, medal a chrys-t i gofio am y ras. Nodwch mai dim ond i blant y mae crysau-t ar gael.

**Oedolion sy'n rhedeg gyda phlant:** Gall yr oedolion nad ydyn nhw'n dymuno cael medal neu amser gorffen swyddogol dalu pris rhatach o £3 am redeg gyda phlant.

**Pris:** £10

### Amser Stori NSPCC

**Amser:** 11:25yb

**Lle:** Stondin Pentref Digwyddiad yr NSPCC

**Beth sy'n digwydd:** Bydd tîm yr NSPCC yn cynnal darlenniad o'u llyfr Pantosaurus newydd, mewn sioe hwyliog a rhyngweithiol.



# LAST MINUTE TRAINING TIPS

## CYNGHORION HYFFORDDI MUNUD OLAF



Race day is just around the corner. While your training will be coming to an end, our Race Director, and double Olympic marathoner, Steve Brace, shares his last-minute tips:

**Stay hydrated:** Keep hydration levels topped up in the days leading up to the race – aim for round 2 litres of water a day, although the amount varies between individuals.

**Rest up:** In the week before the race make sure you're sticking to your tapering plan and getting plenty of rest.

**Eat a normal breakfast:** Don't eat anything you haven't tried before as it could cause an upset stomach. Opt for something high in carbs to keep glycogen levels topped up and aim to leave a two-hour gap between eating and running for optimum energy levels.

**Don't wear new kit:** Try and test your race day kit so you know that you'll be comfortable and aware of anything that rubs. Also make sure you're dressed for the weather.

**Run your own race:** It's easy to get swept up with the crowd when you start running but remember your pacing strategy and try not to start off too quickly to avoid getting tired later on.

**Remember your why:** If things start to feel difficult mid-run, dig deep and remember all your reasons for signing up and how good it will feel crossing the finish line.

**Have fun:** Whatever happens on the day, remember to have fun and enjoy the experience. You've spent months training for this day and your hard work is worth celebrating.

Mae diwrnod y ras yn agos iawn. Wrth i'ch hyfforddiant ddod i ben, mae Cyfarwyddwr y Ras, ac enillydd dwy ras Olympaidd, Steve Brace, yn rhannu ei gynghorion munud olaf:

**Yfed digon:** Gwnewch yn siŵr eich bod yn yfed digon o ddŵr yn y dyddiau cyn y ras – ceisiwch yfed tua 2 litr o ddŵr y diwrnod, er bod y swm yn amrywio rhwng unigolion.

**Gorffwyo:** Yn yr wythnos cyn y ras gwnewch yn siŵr eich bod yn dilyn eich cynllun lleihau rhedeg yn raddol ac yn gorffwys digon.

**Bwyta brecwast arferol:** Peidiwch â bwyta unrhyw beth nad ydych wedi'i drio o'r blaen oherwydd gallai effeithio ar eich stumog. Dewiswch rywbeth â lefelau uchel o garbohydradau er mwyn cynnal eich lefelau glycogen a cheisio gadael bwch o ddwy awr rhwng bwyta a rhedeg er mwyn sicrhau'r lefelau egni gorau.

**Peidiwch â gwisgo dillad newydd:** Ceisiwch brofi eich dillad ar gyfer diwrnod y ras er mwyn i chi wybod y byddwch yn gyfforddus a bod yn ymwybodol o unrhyw beth sy'n rhwbio. Hefyd, gwnewch yn siŵr eich bod wedi gwisgo ar gyfer y tywydd.

**Rhedwch eich ras eich hun:** Mae'n rhwydd iawn dilyn y dorf pan fyddwch yn dechrau rhedeg ond cofiwch eich strategaeth cyflymder chi a pheidio cychwyn yn rhy gyflym er mwyn osgoi blino yn ddiweddarach.

**Cofiwch eich pam:** Os bydd pethau'n dechrau teimlo'n anodd yng nghanol y ras, ymdrechwch yn ddwfn a chofio'r holl resymau pam eich bod wedi cofrestru ar gyfer y ras a'r teimlad braf a gewch wrth groesi'r llinell derfyn.

**Cael hwyl:** Beth bynnag sy'n digwydd ar y diwrnod, cofiwch gael hwyl a mwynhau'r profiad. Rydych wedi treulio misoedd yn hyfforddi ar gyfer y diwrnod hwn ac mae'n werth dathlu eich holl waith caled.

# Team Challenge Heriau Tîm

Hundreds of people from a wide range of corporate and community groups will be battling it out in our Team Challenge, including teams from Sony, Airbus, Tiny Rebel, Sport Wales, Lab 22, North Wales Police, Darwin Gray, Llandrindod Wells Theatre Company and Hugh James.

While all members of the team will run, only the quickest five times from each will be registered as teams compete to be the fastest and crowned Team Challenge Champions.

Bydd cannoedd o bobl o ystod eang o grwpiau corfforaethol a chymunedol yn brwydro yn erbyn ei gilydd yn ein Her Tîmau, sy'n cynnwys tîmau o Sony, Airbus, Tiny Rebel, Chwaraeon Cymru, Lab 22, Heddlu Gogledd Cymru, Darwin Gray, Cwmni Theatr Llandrindod a Hugh James.

Er y bydd pob aelod o'r tîm yn rhedeg, dim ond y pum amser cyflymaf o bob un fydd yn cael eu cofrestru wrth i'r tîmau gystadlu i fod y cyflymaf a chael eu coronï'n Bencampwyr yr Her Tîmau.



WELCOME  
CROESO

RACE WEEKEND  
BENWYTHNOS Y RAS

WHAT'S GOING ON  
BETH SY'N DIGWYDD

MAKING A DIFFERENCE  
GWNEUD GWAHANIAETH

VISITOR TIPS  
AWGRYMIADAU I YMWELWYR

35

 **Marathon  
Photos  
Live**



  
**Purchase your  
finishers  
photos  
after the race**





## The amazing Extra Milers will once again be out in force for the Principality Cardiff Half Marathon!

Our volunteers are welcomed as individuals and through community and corporate groups , meaning the Extra Milers can draw upon their experience from all walks of life to help us deliver an unforgettable event for you, the runners.



From handing out water on the water stations and helping with baggage support to marshalling and just being a friendly face, the Extra Milers are a huge part of what makes the Principality Cardiff Half Marathon so very special.

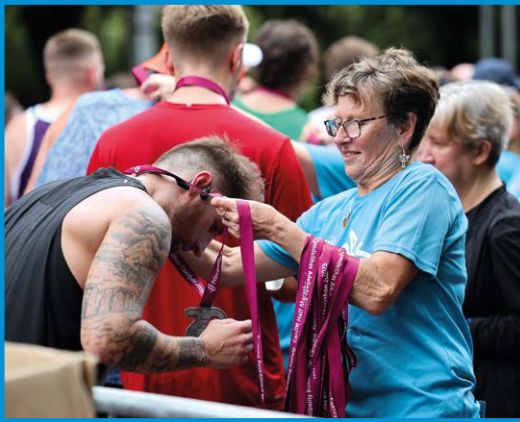
If you've ever had the pleasure of volunteering at a R4W event, you'll know the benefits of being an Extra Miler. You'll meet new people, experience the race day thrills without having to run, help make someone's day and gain experience that you can put on your CV to enhance opportunities further down the line.

The good news is, it's not too late to get your friends and family involved. Would they usually come to spectate? Get them involved by becoming an Extra Miler. All opportunities are available to apply for on [www.cardiffhalfmarathon.co.uk](http://www.cardiffhalfmarathon.co.uk)

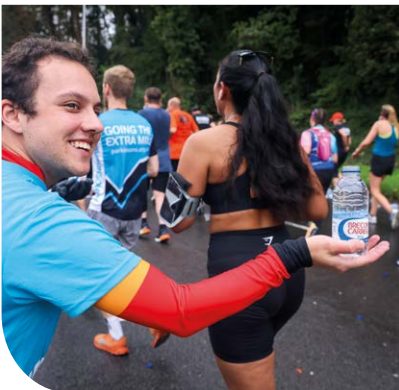


# Bydd tîm anhygoel yr Extra Milers yn heidio i Hanner Marathon Caerdydd Principality eto eleni!

Mae ein gwirfoddolwyr yn cael eu croesawu fel unigolion a thrwy grwpiau cymunedol a chorfforaethol.



O ddosbarthu dŵr i'r rhedwr mewn gorsafoedd dŵr a helpu gyda'r bagiau i stiwardio a bod yn wyneb cyfeillgar, mae'r Extra Milers yn rhan enfawr o'r hyn sy'n gwneud Hanner Marathon Caerdydd Principality mor arbennig.



Os ydych chi erioed wedi cael y pleser o wirfoddoli mewn digwyddiad R4W, byddwch yn ymwybodol o'r manteision sydd ynghlwm â bod yn Extra Miler. Byddwch yn cwrrd â phobl newydd, yn cael blas ar ddiwrnod y ras heb orfod rhedeg, yn helpu i wneud diwrnod rhywun ac yn cael profiad y gallwch ei roi ar eich CV er mwyn gwella eich cyfleoedd yn nes ymlaen.

Y newyddion da yw, dydy hi ddim yn rhy hwyr i gael eich ffrindiau a'ch teulu i gymryd rhan. Fydden nhw'n dod i gefnogi fel arfer? Anogwch nhw i gymryd rhan drwy fod yn Extra Miler. Gellir gwneud cais am yr holl gyfleoedd yn [www.cardiffhalfmarathon.co.uk](http://www.cardiffhalfmarathon.co.uk)



# THE RUN 4 WALES WAY

**R4W**

**LME** LONDON MARATHON EVENTS  
INSPIRING ACTIVITY

Ever been to a Run 4 Wales (R4W) event where you thought we could be doing more to protect the environment of the community we were in? Or perhaps you'd like to see a more diverse range of people taking part?

The pandemic gave us an opportunity to reflect on how we approach event delivery. From environment to employment, disability to diversity, we've assessed the way we operate and discussed ways we can better ourselves.

Ydych chi erioed wedi bod mewn digwyddiad Run 4 Wales lle roeddech chi'n meddwl y gallen ni fod yn gwneud mwy i warchod amgylchedd y gymuned roedden ni ynddi? Neu efallai yr hoffech chi weld ystod fwy amrywiol o bobl yn cymryd rhan?

Roedd y pandemig yn gyfle i ni feddwl am sut rydyn ni'n mynd ati i ddarparu digwyddiadau. O'r amgylchedd i gyflogaeth ac anabledd i amrywiaeth, rydyn ni wedi asesu sut rydyn ni'n gweithredu ac wedi trafod ffyrdd o wella ein hunain.



We at Run 4 Wales like to do the right thing. Over 12 years, we've delivered mass participation like the Principality Cardiff Half in Wales and been at the heart of generating funds for grassroots sport and community projects. Over the past few years, we've turned our attention to doing things the right way – the R4W Way.

After partnering with London Marathon Events (LME), who too prioritise inspiring running and activity for adults and children, we've been working on what we can do to make a meaningful impact. With the help of our friends in London, we've reshaped our strategy to champion equality and diversity, mental and physical health, women's running, community regeneration, volunteering, charity fundraising, responsible consumption and environmental sustainability

Inspired by the Wellbeing of Future Generations Act here in Wales, we can ensure that every goal we set, be it social, environmental or economic, is made with the future generations in mind.

Our focus is on quality and sustainable **Events**, inspiring **Children and Young People**, and creating sustainable social outcomes through the lens of **People**.

Keep an eye out on all the R4W Way projects that will be taking place over the coming years.

[www.run4wales.org/the-r4w-way](http://www.run4wales.org/the-r4w-way)

Rydym ni yn Run 4 Wales yn hoffi gwneud y peth cywir. Am 12 mlynedd, rydym wedi cynnal digwyddiadau cyfranogiad torfol fel Hanner Marathon Principality yng Nghymru ac mae wedi bod yn hollbwysig ar gyfer codi arian ar gyfer chwaraeon llawr gwlad a phrosiectau cymunedol. Yn ystod y blynyddoedd diwethaf, rydym wedi troi ein sylw at wneud pethau'r ffordd iawn - Ffordd R4W.

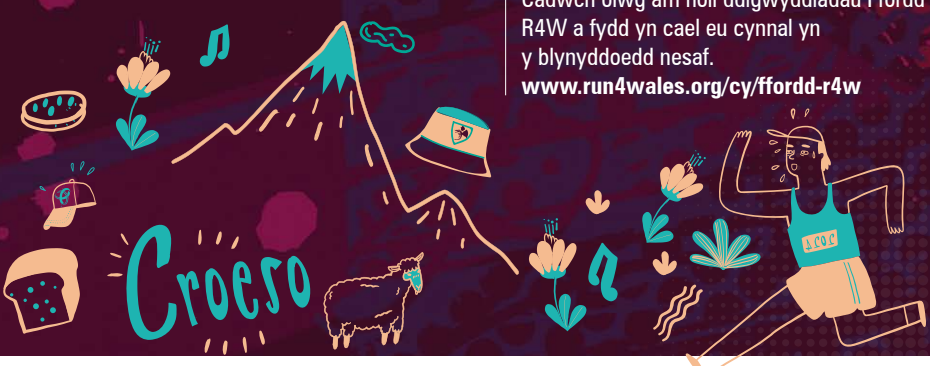
Ar ôl gweithio mewn partneriaeth â London Marathon Events (LME), sydd hefyd yn blaenoriaethu rhedeg ysbrydoledig a gweithgarwch i oedolion a phlant, rydym wedi bod yn gweithio ar beth allwn ei wneud i gael effaith ystyrlon. Gyda chymorth ein ffrindiau yn Llundain, rydym wedi addasu ein strategaeth i hyrwyddo cydraddoldeb ac amrywiaeth, iechyd meddwl a chorfforol, rhedeg i ferched, adfywiad cymunedol, gwirfoddoli, codi arian i elusennau, defnydd cyfrifol a chynaliadwyedd amgylcheddol.

Wedi ein hysbrydoli gan y Ddeddf Llesiant Cenedlaethau'r Dyfodol yma yng Nghymru, gallwn sicrhau bod pob nod a osodwn, boed yn gymdeithasol, amgylcheddol neu economaidd, yn cael ei wneud gyda chenedlaethau'r dyfodol mewn golwg.

Mae ein ffocws ar **Ddigwyddiadau** cynaliadwy o safon, ysbrydoli **Plant a Phobl Ifanc**, a chreu canlyniadau cymdeithasol cynaliadwy drwy lens **Pobl**.

Cadwch olwg am holl ddigwyddiadau Ffordd R4W a fydd yn cael eu cynnal yn y blynyddoedd nesaf.

[www.run4wales.org/cy/ffordd-r4w](http://www.run4wales.org/cy/ffordd-r4w)



# SUSTAINABILITY | CYNALIADWYEDD

The team at R4W are committed a net zero emissions reduction target by 2030\* with the aim of being a climate positive events company by 2040. We are attempting to achieve this target through a number of actions at the Principality Cardiff Half Marathon:

Mae'r tîm yn R4W wedi ymrwmo i darged lleihau allyriadau sero net erbyn 2030\* gyda'r nod o fod yn gwmni digwyddiadau hinsawdd positif erbyn 2040. Rydyn ni'n ceisio cyrraedd y targed hwn drwy gymryd nifer o gamau gweithredu yn ystod Hanner Marathon Caerdydd Principality:

\*Based on a 2022 baseline figure / \*yn seiliedig ar ffigyrau sylfaenol 2022



## WASTE | GWASTRAFF:

- Removing damaging materials from our supply chain, implementing a circular economy approach and responsible procurement toolkit to minimise resource use – including the removal of goody bags, recycled zinc medals, cupped water stations and reduction in use of PVC/plastics. Cael gwared â deunyddiau niweidiol o'n cadwyn gyflenwi, defnyddio dull economi gylchol a phecyn caffael cyfrifol i leihau'r defnydd o adnoddau – gan gynnwys cael gwared â bagiau nwyddau, medalau sinc wedi'u hailgylchu, cwpanau mewn gorsafoedd dŵr a lleihau'r defnydd o PVC/plastig.
- Maintaining 90%+ recycling rate, helped by Brecon Carreg's 100% recyclable water bottles. Cynnal cyfradd ailgylchu o 90%+, gyda chymorth poteli dŵr Brecon Carreg y gellir eu hailgylchu'n llwyr.
- Offering runners the choice to turn down a finishers t-shirt in an effort to remove unnecessary t-shirt waste. The value of the t-shirt is donated to our climate action fund. Cynnig y dewis i redwyr wrthod crys-T i offenwyr mewn ymdrech i gael gwared ar wastraff crysau-t diangen. Mae gwerth y crys-T yn cael ei roi i'n cronfa gweithredu ar yr hinsawdd.



## ENERGY | YNNI:

- Moved away from diesel generated energy in favour of lower carbon mains power and hydrotreated vegetable oil as our primary source of power. Wedi cefnu ar ynni a gynhyrchir gan ddisel o blaid pŵer prif gyflenwad carbon is ac olew llyisiau wedi'i drin â dŵr fel ein priff ffynhonnell bŵer.
- Continuing to seek ways of increasing green tariff mains energy usage. Parhau i chwilio am ffyrdd o gynyddu'r defnydd o ynni prif gyflenwad tariff gwyrdd.



## TRANSPORT | TRAFNIDIAETH:

Encouraging sustainable travel through: Hybu teithio cynaliadwy drwy:

- Discounts on parking for those who fill their car or travel with a minibus full of runners. Disgowntiau ar lefydd parcio i'r rheini sydd â char llawn neu'n teithio gyda bws mini llawn rhedwyr.
- Promoting and increasing capacity of our bike park facilities. Hyrwyddo a chynyddu capasiti ein cyfleusterau parcio beiciau.
- Working with partners to increase public transport options on race day. This is challenging but something we continue to strive for. Gweithio gyda phartneriaid i sicrhau bod mwy o ddewis o ran trafnidiaeth gyhoeddus ar ddiwrnod y ras. Mae hyn yn heriol ond yn rhywbeth rydyn ni'n parhau i ymdrechu tuag ato.





## AMBITIONS | UCHELGAIS

- Our environmental policy and green action plan all forms part of our ESG Action Plan (page 39). The objective is to build a more Resilient Wales as part of the Wellbeing of Future Generations Act. Mae ein polisi amgylcheddol a'n cynllun gweithredu gwyrdd i gyd yn rhan o'n Cynllun Gweithredu ESG (tudalen 39). Y nod yw creu Cymru fwy Cydnherth fel rhan o Ddeddf Llesiant Cenedlaethau'r Dyfodol.
- We will continue to work with partners included in our Sustainability Action Group such as Brecon Carreg and HIGH5 to roll out partner-led initiatives. Byddwn yn parhau i weithio gyda phartneriaid sydd wedi'u cynnwys yn ein Grŵp Gweithredu Cynaliadwyedd fel Brecon Carreg a HIGH5 i gyflwyno cynlluniau sy'n cael eu harwain gan bartneriaid.



## CLIMATE ACTION FUND | CRONFA GWEITHREDU AR YR HINSAWDD

- Our new Climate Action Fund exclusively supports local climate action groups and environmental initiatives across Wales and beyond such as local and international tree planting initiatives, community projects that are tackling climate change, renewable energy start-ups, campaigns against pollution in our oceans and natural habitats and securing the rights of indigenous peoples threatened with extinction. Mae ein Cronfa Gweithredu ar yr Hinsawdd newydd yn cefnogi grŵpiau gweithredu ar yr hinsawdd lleol a mentrau amgylcheddol ledled Cymru a thu hwnt, fel mentrau plannu coed lleol a rhyngwladol, prosiectau cymunedol sy'n mynd i'r afael â newid yn yr hinsawdd, busnesau newydd ym maes ynni adnewyddadwy, ymgyrchoedd yn erbyn llygredd yn ein moroedd a'n cynefinoedd naturiol a sicrhau hawliau brodorion sydd mewn perygl o ddfiflannu'n llwyr.
- Participants can also make their own donations to the fund. Gall cyfranogwyr hefyd gyfrannu at y gronfa.

**In 2023, over £21,000 was donated to projects supporting nature conservation, carbon reduction and climate adaption off the back of R4W events, including:**

Yn 2023, rhoddwyd mwy na £21,000 i brosiectau sy'n cefnogi cadwraeth natur, lleihau carbon ac ymaddasu i newid hinsawdd yn sgil digwyddiadau R4W, gan gynnwys:

- **Size of Wales; a unique charity making Wales part of the global solution to climate change, giving strength to tropical forest communities and Indigenous Peoples so that they and their forests can thrive and curb the impact of climate change for the whole planet.**  
Maint Cymru: elusen unigryw sy'n cynnwys Cymru yn y datrysiad byd-eang i'r newid yn yr hinsawdd, gan roi cryfder i gymunedau coedwigoedd trofannol a Phobl Gynhenid er mwyn iddyn nhw a'u coedwigoedd allu ffynnu a lleihau effaith y newid yn yr hinsawdd i'r blaned gyfan.
- **Railway Gardens Project: Offering a welcoming green space for community action in Cardiff while helping to reduce the impacts of poverty and social isolation, the Railway Gardens Project aims to develop a green and thriving site that increases biodiversity, mitigates local flooding, produces food, and helps boost physical and mental wellbeing.**  
Prosiect Railway Gardens: Yn cynnig gofod gwyrdd croesawgar ar gyfer gweithredu cymunedol yng Nghaerdydd wrth helpu i leihau effeithiau tlodi ac ynysigrwydd cymdeithasol, mae Prosiect Railway Gardens yn ceisio datblygu safle gwyrdd a ffyniannus sy'n cynyddu bioamrywiaeth, yn lliniaru llifogydd lleol, sy'n cynhyrchu bwyd ac yn helpu i roi hwb i lesiant corfforol a meddyliol.
- **Canolfan Waunfawr: a charity that has been serving the villages of Waunfawr and Betws Garmon since 1984 and is widely used by over 1,000 people in the community for social events, parties and physical activity, it is now able to take steps to reduce its overall carbon footprint by installing renewable energy alternatives.**  
Canolfan Waunfawr: elusen sydd wedi bod yn gwasanaethu pentrefi Waunfawr a Betws Garmon ers 1984 ac sy'n cael ei defnyddio'n helaeth gan 1,000 o bobl yn y gymuned ar gyfer digwyddiadau cymdeithasol, partiön a gweithgarwch corfforol, mae'n gallu cymryd camau yn awr i leihau ei hól-troed carbon cyffredin drwy osod dewisiadau amgen ynni adnewyddadwy. **New projects will be chosen in 2024.**  
Dewisir prosiectau newydd yn 2024.



Visit [run4wales.org/sustainability](https://run4wales.org/sustainability) to find out more about our environmental policy and initiatives. Ewch i [run4wales.org/cy/cynaliadwyedd](https://run4wales.org/cy/cynaliadwyedd) i gael gwybod mwy am ein polisi a'n mentrau amgylcheddol.



# RACE DAY INITIATIVES MENTRAU AR DDIWRNOD Y RAS



## Be part of our plans!

You may spot a couple of our environmental initiatives in action across race day and we'd love for you to get involved.

From donating your start-line clothes to charity to recycling your waste – these small actions go a long way when we're all in it together.

Rather than allowing clothes left behind to go to landfill we donate these items to Play It Again Sport. They're able to sell them at a fraction of the cost to those who need it with money raised funding and supporting local sporting groups, to keep the community active and give them access to activities they may not otherwise have the chance to do.

Principality Building Society will be bringing along their recycling champions from Planet Network to help out on the day. You may also catch sight of the Brecon Carreg ploggers out on the course. This army of running litter-pickers will be out in force helping to keep the roads clean and tidy on event day. Give them a helping hand and make sure you discard any rubbish in the bins provided.

We've also been working on two exciting research projects with students from Cardiff University looking into sustainable travel options and the recycling of plastic bottles. Watch this space for more to come!

## Byddwch yn rhan o'n cynlluniau!

Efallai y gwelwch rai o'n mentrau amgylcheddol ar waith yn ystod diwrnod y ras a byddem yn falch iawn pe byddech yn cymryd rhan.

O roi eich dillad y ras i elusen i ailgylchu eich gwastraff – mae'r camau hyn yn gallu cael effaith fawr pan fyddwn i gyd yn cydweithio.

Yn hytrach na chaniatáu i ddillad sy'n cael eu gadael ar ôl fynd i safleoedd tirlenwi, gallwn roi'r eitemau hyn i Play It Again Sport. Gallent eu gwerthu am gost llawer is i'r rhai sydd eu hangen gyda'r arian sy'n cael ei godi yn ariannu a chefnogi grwpiau chwaraeon lleol, er mwyn cadw'r gymuned yn actif a'u galluogi i gymryd rhan mewn gweithgareddau na fyddent o bosibl wedi cael cyfle fel arall i'w gwneud.

Bydd Cymdeithas Adeiladu Principality yn cyflwyno eu hyrwyddwyr ailgylchu o Planet Network i helpu ar y diwrnod. Efallai y gwelwch plogwyr Brecon Carreg ar hyd y cwrs. Bydd y fyddin o gasglwyr sbwriel rhedeg allan yn eu niferoedd i helpu i gadw'r ffordd yn lân a thaclus ar ddiwrnod y digwyddiad. Gallwch roi help llaw iddyn nhw a gwneud yn siŵr eich bod yn gwaredu unrhyw sbwriel yn y biniau a ddarperir.

Rydym hefyd wedi bod yn gweithio ar ddau brosiect ymchwil cyffrous gyda myfyrwyr o Brifysgol Caerdydd sy'n edrych ar opsiynau teithio cynaliadwy ac ailgylchu poteli plastig. Gwylwch y gofod hwn am ragor o wybodaeth!

# 100 CLUB | CLWB 100



## Meet this year's 100 Club!

This year's 100 Club is a true reflection of what being a race for everyone is all about.

Our 100 Club initiative aims to diversify the sport and break down barriers some may experience in mass-participation events. Everyone who is part of the club is united by one common goal – to reach the finish line and overcome hurdles that not every runner has to face.

We've reached out to a diverse range of community groups across Cardiff and Wales with different backgrounds and stories to share.

A special thanks goes out to Pride Cymru, Oasis, Newport Live, Slimming World, Play it Again Sport, Unify Creative and the Mwslima Running Club and Cardiff Muslim Runners for helping with our recruitment.

Good luck to all the runners involved and be sure to give them a cheer if you see them around the course!

## Cwrdd â Chlwb 100 eleni

Mae Clwb 100 eleni yn adlewyrchiad gwirioneddol o beth yw bod yn ras i bawb.

Mae ein menter Clwb 100 yn ceisio amrywiol gamp a diddymu'r rhwystrau y gall rhai pobl eu profi mewn digwyddiadau cyfraniad torfol. Mae gan bawb sy'n rhan o'r clwb un nod cyffredin – cyrraedd y llinell derfyn a goresgyn rhwystrau nad yw pob rhedwr wedi gorfod eu hwynebu.

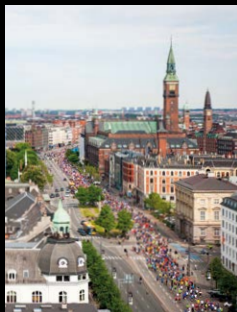
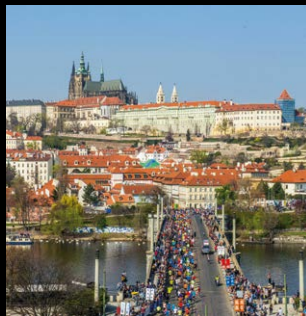
Rydym wedi cysylltu ag ystod amrywiol o grwpiau cymunedol ar draws Caerdydd a Chymru sydd â chefniroedd a storïau gwahanol i'w rhannu.

Hoffem ddiolch yn arbennig i Pride Cymru, Oasis, Casnewydd Fyw, Slimming World, Play it Again Sport, Unify Creative a Chlwb Rhedeg Mwslima a Cardiff Muslim Runners am helpu gyda'n gwaith recriwtio.

Pob lwc i bob rhedwr sy'n cymryd rhan a gwnewch yn siŵr eich bod yn eu cefnogi os byddwch yn eu gweld o amgylch y cwrs!



HALF MARATHON SERIES



The Principality Cardiff Half Marathon is a part of the SuperHalfs series, which offers running enthusiasts the unique opportunity to embark on their own running adventure whilst being rewarded for their efforts across cities including Lisbon, Prague, Copenhagen, Valencia and Berlin.

Runners can claim guaranteed entries, exclusive merchandise, e-stamps in a virtual passport and earn a SuperMedal for completing the circuit.

All races hold World Athletics Labels whilst Copenhagen, Cardiff and Valencia have all hosted the World Half Marathon Championships.

Amazing cities. Amazing races. One glorious mission. For the fun of running. For the thrill of travel. And for the joy of saying **'I did it!'**.

Register for your free SuperHalfs passport today at [www.superhalfs.com](http://www.superhalfs.com)

Mae Hanner Marathon Caerdydd Principality nawr yn rhan o'r gyfres SuperHalfs, sy'n cynnig cyfle unigryw i bobl sy'n mwynhau rhedeg gymryd rhan yn eu hantur rhedeg eu hunain a chael eu gwobrwyo am eu hymdrechion gyda buddid arbennig Ar draws dinasoedd gan gynnwys Lisbon, Prague, Copenhagen, Valencia a Berlin.

Gall rhedwyr hawlio gwarant i gymryd rhan, nwyddau arbennig, e-stampiau mewn rhith basbort a SuperMedal ar gyfer cwblhau'r cylched ras.

Mae gan bob ras Label World Athletics ac mae Copenhagen, Caerdydd a Valencia i gyd wedi cynnal Pencampwriaethau Hanner Marathon y Byd.

Dinas hardd. Ras anhygoel. Un daith odidog. Hwyl y rhedeg. Cyffro'r teithio. A'r llawenydd o allu dweud **'Dw i wedi ei wneud e!'**

Cofrestrwch i gael eich pasbort SuperHalfs am ddim heddiw yn [www.superhalfs.com](http://www.superhalfs.com)

# THINGS TO DO CARDIFF

## PETHAU I'W GWNEUD YNG NGHAERDYDD

From exploring the history of Cardiff Castle to wet and wild water sports in Cardiff Bay, the Welsh capital has plenty in store for those visiting on race weekend.

O archwilio hanes Castell Caerdydd i fwrlwm chwaraeon dŵr ym Mae Caerdydd, mae gan brifddinas Cymru ddigon i'w gynnig i'r rheini sy'n ymweld ar benwythnos y ras.

### Check out our top 10 things to do:

#### Dyma ein 10 prif awgrym o bethau i'w gwneud:

- Explore our Victorian and Edwardian shopping arcades.
- Get a taste of Welsh produce at the Victorian Cardiff Market.



- Mwynhau'r arcedau siopa Fictoraidd ac Edwardaidd.
- Blasu cynnyrch o Gymru ym Marchnad Fictoraidd Caerdydd.
- Go rafting or paddleboarding at Cardiff International White Water.
- Tour the historic Cardiff Castle.



- Rafftio neu badlfyrddio yng Nghanolfan Dŵr Gwyn Rhyngwladol Caerdydd.
- Taith o amgylch Castell hanesyddol Caerdydd.

- Take a Boat Trip to Flat Holm Island.
- Mynd ar Daith Cwch i Ynys Echni.
- Eat in one of seven Michelin Guide restaurants.
- Bwyta yn un o'r saith bwyti Michelin.
- Visit the fairy-tale Castell Coch.
- Ymweld â'r castell eiconig, Castell Coch.
- Learn more about Wales at one of our fantastic free museums – National Museum Cardiff or St Fagans National Museum of History.
- Dysgu mwy am Gymru yn un o'n hamgueddfeydd arbennig am ddim – Amgueddfa Genedlaethol Caerdydd neu Amgueddfa Werin Cymru Sain Ffagan.
- Book a Principality Stadium Tour – the home of Welsh rugby.
- Archebu taith o amgylch Stadiwm Principality – cartref tîm rygbi Cymru.





# **R4W** Follow up your Principality Cardiff Half journey and find your next challenge with R4W.

***Dilynwch eich siwrne Hanner Marathon Caerdydd y Principality a dewch o hyd i'ch her nesaf gydag R4W.***

We've got something for every ability of runner, from one mile fun runs right through to 26.2 miles! Find events with beautiful locations and courses, sector-leading event experience and a positive social conscience.

Mae gennym ni rywbeth ar gyfer pob rhedwr, o rasys hwyll milltir o hyd i farathonau llawn! Dewch o hyd i ddigwyddiadau gyda lleoliadau a chyrsgau hyfryd, profiadau sy'n arwain y sector a chydwybod cymdeithasol cadarnhaol.

Check out the R4W event calendar: <https://www.run4wales.org/events/>  
 Gwiriwch galendr digwyddiadau R4W: [www.run4wales.org/cy/ein-digwyddiadau/](http://www.run4wales.org/cy/ein-digwyddiadau/)

EUROPEAN RUNNING CHAMPIONSHIPS  
BRUSSELS LEUVEN 2025  
MARATHON - HALF MARATHON - 10K

your chance to run with the champions

12-13 April 2025

MARATHON - HALF MARATHON - 10K

COOPAH  
THE RUN COACHING APP

FOR YOUR NEXT EVENT,  
BEAT YOUR GOALS WITH  
COOPAH, THE RUN  
COACHING APP

USE CODE 'R4W'  
TO TRIAL A RACE RECOVERY PLAN

GET IT ON Google Play Download on the App Store

CELEBRATE YOUR ACHIEVEMENT WITH ITAB!

Sally Johnson  
03:18:26

Sally Johnson  
03:18:26

Find out more or purchase at  
[cardiffhalfmarathon.co.uk/medal](http://cardiffhalfmarathon.co.uk/medal)

SCIMITAR

BUY OFFICIAL CARDIFF HALF MARATHON MERCHANDISE

Looking to train in style?  
Look no further than our official merchandise range from Scimitar Sports. From hoodies to technical products, we've got everything you need to train and run in style on race day.

Visit the Official Merchandise tent in the Event Village or head to V

[www.run4wales.shop](http://www.run4wales.shop)

WELCOME  
CROESO

RACE WEEKEND  
BENWYTHNOS Y RAS

WHAT'S GOING ON  
BETH SY'N N DIGWYDD

MAKING A DIFFERENCE  
GWNEUD GWAHANIAETH

VISITOR TIPS  
AMGRWYTHAU I YMWELWYR



 Cymdeithas Adeiladu <b>Principality</b> Building Society	 <b>CARDIFF HALF</b> HANNER MARATHON CAERDYDD
---	--



[www.cardiffhalfmarathon.co.uk](http://www.cardiffhalfmarathon.co.uk)